

Food Allergies: What you need to know

Most Common Food Allergens

<p>Peanuts Avoid: Artificial nuts Beer nuts Peanut oil Goobers Ground nuts Mixed nuts Monkey nuts Nut pieces</p>	<p>Tree nuts Avoid: Almonds Filbert Beechnut Pecan Brazil nuts Pine nut Cashew Pistachio Chestnut Walnut Macadamia</p>	<p>Fish Avoid: Caesar dressing Worcestershire sauce Bouillabaisse Barbecue sauce Fish ingredients are common in Asian dishes, even if they aren't seafood dishes</p>	<p>Shellfish Avoid: Abalone Clams Crab Lobster Mussels Oysters Prawns Shrimp</p>
<p>Eggs Avoid: Egg substitutes Dried egg solids Mayonnaise Meringue Nougat</p>	<p>Milk Avoid: Butter Casein Ghee Yogurt Cheese Crm cheese Cream Pudding Curds Sour cream Custard Whey Half-and-Half</p>	<p>Wheat Avoid: Bulgur Farina Couscous Flour Durum Matzoh Einkorn Pasta Seitan Spelt Semolina Soy sauce</p>	<p>Soy Avoid: Edamame Miso Tamari Tempeh Teriyaki sauce Tofu</p>

If someone tells you they have a food allergy, follow the four R's:

- Refer the food allergy concern to your supervisor or person in charge
- Review the food allergy with the individual and check ingredient label
- Remember to check procedures regarding cross-contact
- Respond to the individual and discuss your findings with them

Sources of Cross-Contact:

- Cooking oils, splatter, and steam from cooking foods
- Allergen-containing foods coming into contact with allergy free foods
- Using equipment without thoroughly cleaning and sanitizing
- Not washing hands or changing gloves